



# House Talk

Kiwaniis in Action at our Kiwanis Family House

Volume XII Issue 5

November 2011

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From our house,  
to your house:

Happy  
Thanksgiving



We have much to be  
thankful for,  
such as our KFH!

## Sponsor a Family for a Night

Donations pay for those families who cannot afford it, or supplement families who can only make partial payments.

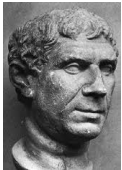
We never turn away deserving families for lack of payment.

Send in your donation. It is \$40@ night. Send check or your credit card number with expiration date (Visa, MasterCard, and American Express only). Mail to Kiwanis Family House, Inc. 2875 50th Street Sacramento, CA 95817-2308.

Gift it to the person who has everything.

**It is the source that keeps us in operation!**

## Become a Friend of our Kiwanis Family House



In the 3<sup>rd</sup> century B.C. **Quintus Ennius** wrote:

*"Amicus certus in re incerta cernitur"*. This translates from the Latin as "a

sure friend is known when in difficulty". In English it has become "A friend in need, is a friend indeed."

Today, board member, **Rita Beall**, asks "Our Kiwanis Family House is in need, will you become a friend?"

In 2008, a new individual membership program, "Friend of the Kiwanis Family House", was launched to

aid in our mission of providing temporary housing and support to families of seriously ill or injured children and adults being treated at UC Davis Medical Center in Sacramento.

"Since that time, thousands of dollars have been donated through our Friends, and we are grateful for every dollar raised through this program.

"For as little as \$100 a year, anyone can become a "Friend of the Kiwanis Family House". So, you may ask, where does this money go? You may not realize that the



annual budget of the Kiwanis Family House is now more than \$400,000. The money raised through the "Friend of the Kiwanis Family House" program

(Continued on page 5)

## President's Message by Bill Hooper



As the Kiwanis year begins for each of our clubs, we are moving into the fifth month of the Kiwanis Family House year, and I am very impressed with how much has been accomplished, and almost overwhelmed by how fast the year has gone.

Thank you to all the new club presidents who are looking forward to a great year with their clubs and have made helping KFH a priority.

I continue to meet so many wonderful people from our KFH from many different clubs who are looking forward to helping us keep our House running efficiently, so we can continue to fulfill our mission of providing temporary housing to the hundred plus families that seek our help each month.

Some examples include: KFH has been represented by Board members and Kiwanians at 28 United Way Agency Fairs spreading our message and providing opportunities for employees to donate their time and/or their treasure to KFH.

We also made membership referrals to several local Kiwanis Clubs when information was requested during our presentations. Kiwanians from Division 18, Placerville, East Sacramento Midtown, Carmichael, and Lincoln along with members of their Key Clubs have been at the House working on successive weekends.

Folsom Lake Kiwanis invited me to their meeting, and gave me an opportunity to talk about the House then presented me with a check for \$500 for the food closet. The following week they presented me with \$2100 as a donation to the House and their annual dues at the Division 44 DCM. Santa Rosa Kiwanians had a

skip a meal program for the House, and brought in checks for \$1,695 and toured the House last weekend.

**Gary Christensen, Roni Stroud, Jack Seigal**, and I visited Division 27's Division Council meeting, the Div. 7 DCM, and following the presentation we received donations for the Food Closet, and the Greater Lodi Club then gave us 55 quilts for our House.

Circle K members from Sacramento State also spent part of their weekend doing projects around the House. On behalf of every family we have served and will serve at the House I

(Continued on page 10)

**Our Kiwanis Family House is a United Way Certified Partner Agency!**



[www.kiwanisfamilyhouse.org](http://www.kiwanisfamilyhouse.org)



## Important Dates

**Kiwanis Family House  
Board meetings  
Kiwanis Family House  
2875 50th Street  
Sacramento, CA 95817  
Second Thursdays 7:00 pm**

**2011**

**November 10**

**December 8**

**January 12**

**February 9**

**March 8**

**April 12**

**May 10**

**June (annual meeting) TBA**



## Free money

There are still areas with Albertsons Supermarkets. Keep using your Albertson's Preferred Savings Card.

**Register your card by calling  
(800) 353-9002.**

**House Talk** is a monthly newsletter published by the Kiwanis Family House, Inc. 2875 50th Street, Sacramento, CA 95817-2308. (916) 736-0116.

website: [www.kiwanisfamilyhouse.org](http://www.kiwanisfamilyhouse.org)

The Kiwanis Family House is a 501 (c) 3 organization incorporated by in the State of California and recognized by the IRS.

## Board of Kiwanis Family House

President:.. **William (Bill) Hooper (2014)**  
Vice President.....**Calvin Hara (2014)**  
Secretary.....**Emily Chirk (2014)**  
Treasurer.....**Joyce A. Blonskij (2012)**  
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Director.....**Neil Strain (2012)**  
Director.....**Rita Beall (2013)**  
Director..... **Matthew J. Wehner (2014)**

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UCDMC Liaison..... **J.P. Eres III**  
Editor.....**John W. Seigal**

**House Talk** is published monthly and sent to supporters and owners of the Kiwanis Family House Inc.. The editor is solely responsible for the content. It is the intent to be 100% accurate. Articles labeled as Editorial represent the opinion of the editor and may not represent the opinion of the Kiwanis Family House, the board, or Kiwanis International. The address of the editor is P.O. Box 1131 Sloughhouse, CA 95683-1131 or email: [jwseigal@sbcglobal.net](mailto:jwseigal@sbcglobal.net)

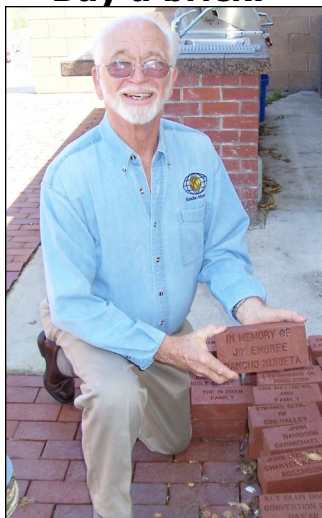
## Kiwanis Family House Mission Statement

*"The mission of the Kiwanis Family House is dedicated to providing housing and support to families of seriously ill children and adults being treated at University of California, Davis, Sacramento."*

## Subscription information about House Talk

- ♥ *House Talk* is the official publication of our KFH.
- ♥ Each Sponsor Club is emailed a copy to the designated Kiwanian.
- ♥ If you are interested in receiving the House Talk via email visit our website at: [www.kiwanisfamilyhouse.org](http://www.kiwanisfamilyhouse.org) and enter your email address on the lower left-hand corner where it says "Sign Up For Our Email Newsletter".
- ♥ If you wish to receive it by US Postal Service contact Editor on page 10.

## Buy a brick!



KFH Board Member, **Neil Strain**, is showing the bricks.

The bricks cost \$100@. The lettering grid is 15 spaces across and three rows deep.

Use them for birthdays, anniversaries, memorials, sponsored organizations, past presidents, honorary members, and more. They last longer than plaques.

For more information or a brick order contact editor.

See page 10.

## Would you donate 3% of your supermarket shopping to our Kiwanis Family House?

**It is simple as 1-2-3**

1. Do you shop at Save Mart, Smart, Food Maxx or Lucky Supermarkets?
2. If so scan your S.H.A.R.E.S. card and the house gets a percentage. You still get the great sale prices and the rest.



3. If you do not have a card contact editor (page 10) and send your name and USPS mailing address. Editor will send you a S.H.A.R.E.S. card by return mail!  
Scan the S.H.A.R.E.S. card each time you shop!

## Reminder to Sponsor Clubs: Annual dues (\$100) are due!

## Red & White Ball



The 20th Annual Red & White Ball will be at the Dante Club February 11, 2012.

Set your GPS to 2330 Fair Oaks Boulevard, Sacramento, CA.

The Prime Rib promises to be even better this year for the same cost of \$40.00.

Tickets will be available in December.

There will be a disk jockey.

**Karen Borman** is taking the lead. Contact information is on page 4.

## Kiwanis Family House, not in my backyard!

### Report #116

Since October 1, 2001 to September 30, 2011, *(the effective dates of this report)*, **9,784** families have stayed one or more nights at our Kiwanis Family House while being treated at UCDMC.

This report covers over ten years. Previous to October 1, 2001 the reports were tabulated in a different format.

Our KFH has hosted **766** families from **outside Cal-Nev-Ha District** (California, Nevada, and Hawaii).

These **766** families come from:

Alabama	Montana
Alaska	Nebraska
Arizona	New Hampshire
Arkansas	New Jersey
Colorado	New Mexico
Connecticut	New York
Delaware	North Carolina
District of Columbia	Ohio
Florida	Oklahoma
Georgia	Oregon
Idaho	Pennsylvania
Illinois	South Carolina
Indiana	South Dakota
Iowa	Tennessee
Kansas	Texas
Kentucky	Utah
Louisiana	Vermont
Maryland	Virginia
Massachusetts	Washington
Michigan	West Virginia
Minnesota	Wisconsin
Mississippi	Wyoming
Missouri	

Also, there have been families from:

- Belgium
- Brazil
- Canada
- England
- Federated States of Micronesia
- Guatemala
- Haiti
- Israel
- Italy
- Mexico
- Netherlands
- New Zealand
- Pakistan
- People's Republic of China
- Republic of Palau
- Serbia
- Taiwan
- Uruguay
- Venezuela
- Wales

Division 7 and Division 44 are considered the "host" divisions. Families living within 35 miles of UCDMC are **not** eligible to stay at our KFH.

**Aren't you glad that there is your Kiwanis Family House at UC Davis Medical Center in Sacramento, California?**

Div.	Lt. Gov.	Families	%
39	Mower	2,631	26.89%
14	Johl	1,088	11.12%
Out of	District	766	7.83%
27	Diaz	748	7.65%
45	Maxhimer	637	6.51%
46	Smith	616	6.30%
44	Webb	592	6.05%
20	Arimoto	382	3.90%
23	Tout	354	3.62%
8	Lewis	318	3.25%
32	Wheaton	255	2.61%
7	Isaacs	202	2.06%
5	Wayne	155	1.58%
26	Ontis	130	1.33%
18	Bañuelos	105	1.07%
36	Coley	102	1.04%
12	Fukasawa	94	0.96%
34	Stern	91	0.93%
2	Bowerman	87	0.89%
38	Coltin	57	0.58%
28	Dwyer	36	0.37%
43	Bowen	31	0.32%
29	Miller	27	0.28%
33	Orrin	26	0.27%
42	Medley	24	0.25%
41	Bonar	22	0.22%
11	Teagle	20	0.20%
15	Cridland	17	0.17%
22	Smith	17	0.17%
31	Mills	16	0.16%
6	Wilkinson	15	0.15%
16	Kessler	15	0.15%
30	Scheibel	14	0.14%
47	Laughlin	14	0.14%
10	Peng	12	0.12%
24	Fisher	12	0.12%
1	Guske	11	0.11%
4	Laub	11	0.11%
37	Kerley	11	0.11%
25	Montaño	9	0.09%
13	Smith	6	0.06%
35	Deal	6	0.06%
19	Ackerman	2	0.02%
	Totals	9,784	100.0%

## If?

**If:** If the National Basketball Association and its players arrive at a contract to so there is a season this year.



**If:** If the Sacramento Kings do have a season this year, or:

**If:** If the Sacramento Kings have a season this year and do not bolt to go to Anaheim to become the Anaheim Royals to have a season next year.



**If:** If the Power Balance Pavilion remains where the Sacramento Kings plays its home games.



**Then:** Our Kiwanis Family House volunteers could be invited back to work the concessions on the busy popular games.

Until then,  
fingers crossed!









## CONVENTION 2012 NEW ORLEANS

Don't forget, our Kiwanis Family House will be at the 2012 Convention and will have workshop presentations.





	 <b>Joyce Blonskij</b> <b>(916) 812-2378</b> <b>Joyce@blonskij.com</b>	 <b>Rita Beall</b> <b>(916) 549-1354</b> <b>sacbealls@gmail.com</b>	 <b>Karen Borman</b> <b>(916) 489-4476</b> <b>bormank@aol.com</b>	 <b>Emily Chirk</b> <b>(714) 213-0716</b> <b>echirk@gmail.com</b>	 <b>Gary Christensen</b> <b>(916) 215-1460</b> <b>gjcsmc@aol.com</b>
 <b>Calvin Hara</b> <b>(916) 812-5524</b> <b>cmhara@comcast.net</b>	 <b>Bill Hooper</b> <b>(916) 988-6880</b> <b>bhoopk1g56@comcast.net</b>	 <b>Bob Isaacs</b> <b>(916) 737-2831</b> <b>kiwanisb@surewest.net</b>	 <b>Richard Kocher</b> <b>(916) 991-1344</b> <b>richkoch013@comcast.net</b>	 <b>George MacMurphey</b> <b>(916) 483-9883</b> <b>georgemac1@comcast.net</b>	 <b>Daniel Saulisberry</b> <b>(209) 745-6838</b> <b>dsaulisberry@the-brickyard.com</b>
 <b>Neil Strain</b> <b>(916) 354-8895</b> <b>Neilstrain@sbcglobal.net</b>	 <b>Matthew Wehner</b> <b>(530) 758-8111</b> <b>mwehner@carbahalcpa.com</b>	 <b>Kiwanis Family House Ambassadors</b>		<ul style="list-style-type: none"> <li>♥ Communication is a two way street.</li> <li>♥ We are here to inform.</li> <li>♥ We are here to listen.</li> <li>♥ We are here to remind.</li> <li>♥ We are here to answer any questions.</li> <li>♥ We are here to offer suggestions.</li> </ul>	

### Quilts... Keep warm!



**Ellen M. Ashbaugh** is flashing 5-5 indicating that 55 quilts are being donated to our Kiwanis Family House. Each quilt also has a toy included.



The quilts are being donated by the Rag Quilters, Dream Quilters, and the Kiwanis Club of Greater Lodi.



Founder **Leona Bright** is showing the site of the original KFH (48th & V Streets in Sacramento). Next picture show the bare ground after the new KFH was built. Picture above notifies of street closure.

Picture below shows that 48th Street is closed!



## Become a friend (Cont'd page 1)

(Continued from page 1)  
goes to support the guests of the house, paying for rent subsidies, food, utility bills, repairs, and other day-to-day costs of running such a large facility 24 hours a day, 7 days a week, 365 days a year.

A "Friend of the Kiwanis Family House" program is annually renewable, and members are encouraged to increase their donation level over time. There are currently four levels of recognition:

- ♥ Copper \$100-299
- ♥ Silver \$300-499
- ♥ Gold \$500-999
- ♥ Platinum \$1,000 or more

As a member, you will be provided with an IRS acceptable tax deductible receipt, and will also receive information about House activities and volunteer opportunities.

Those who exceed the Copper contribution level will also receive special recognition from the Board of Directors of the Kiwanis Family House annually.

Becoming a "Friend of the Kiwanis Family House" couldn't be easier! Complete an Individual Membership Form (available at the Kiwanis Family House), and provide your credit card information or enclose a check payable to the Kiwanis Family House. Or, go online to:

[www.kiwanisfamilyhouse.org/how-can-you-help/sponsorship/](http://www.kiwanisfamilyhouse.org/how-can-you-help/sponsorship/) and make a one time or recurring donation via PayPal or your credit or debit card.

Interested in learning more about how you can help? Please contact **Rita Beall** of our Board of Directors at (916) 549-1354 or [sacbealls@gmail.com](mailto:sacbealls@gmail.com).



In the immortal words of **John Lennon**, "I get by with a little help from my friends". This is certainly true of the Kiwanis Family House, and we appreciate the support of all current and future members of our "Friend of the Kiwanis Family House" program—we couldn't do all that we do without you!

## Buddy Howard Story

Yerington, Nevada is **Buddy Howard's** home. Yerington is about 80 south east of Reno, and about 215 miles east of Sacramento. Yerington is a picturesque town, that sits on the banks of the Walker River, in the fertile Mason Valley. Its humble beginning was a small trading post and whiskey store in the 1870s. That's where the town's original name, *Pizen Switch*, originated, in reference to a vile local liquor.

As the community grew more established and genteel, the more respectable name of *Greenfield* was chosen. A few years later, the townspeople voted to change the name once again, this time in hopes of flattering a certain railway superintendent called **Henry Mavin Yerington** into including the town on a railroad route. It didn't work, but the name stuck anyway.

**Buddy Howard** has lived there about 22 years and was fire fighter. Now known as an "Old Fire Fighter" which is a support group to the younger Fire Department.

We caught Buddy as he was preparing his lunch at our KFH.



He has sub dermal cancer (squamous cell carcinoma) and as such is treated at UC Davis Medical Center. This treatment process has brought Buddy to our Kiwanis Family House for decades. He was one of the original guests of our first Kiwanis Family House. Now his cancer has taken a more serious change and he is undergoing nuclear balloon tests. The cancer is spreading and getting close to his carotid artery.

The thing he remembers most about the old house is the front porch. It was a listening post and a place where guests could share their anxieties, share their fears, and reasons they were being treated or why their family members were being treated. The front porch was therapeutic in nature.

He is transported to Sacramento Executive Airport by Angel Flight. Angel Flight is a group of pilots/aircraft owners, who give patients a free ride to hospitals and medical facilities. Patients needing the transportation are referred to Angel Flight by an appropriate medical agency.



Buddy has been flown approximately 90-91 times by various aircraft. It normally is a 60 to 62 minute flight. The quickest he has made it was 41 minutes in a Turbo-Prop aircraft.



Buddy would then take public transportation to get to our KFH. That would take about an hour. In other words he could fly to Sacramento quicker than the bus ride. Now when our KFH is alerted that Buddy is coming, **Gary Christensen** arranges for him to be picked up or delivered to the airport.

Buddy is a great advocate and ambassador of our KFH. He encourages others to sign the guest book with their stories. He has even sold a brick. He cannot express enough thanks to Vern and Leona Bright and to all of the Kiwanians who follow their vision and fulfill the KFH mission.





## Division 18 invades our Kiwanis Family



Our Kiwanis Family House was again visited by Division 18 on its 4<sup>th</sup> Annual Visit on Saturday October 1st. A chartered bus load of folks arrived about 10:15 a.m. and left about 3:00 p.m. They headed for Old Sacramento for a visit which would have put them back home about 9:00 p.m.

They cleaned, pulled weeds, transferred wood chips to planted areas, and other assorted tasks.

Kiwanian **Dr. Marie V. Bañuelos** reports there were the following clubs present:

- ♥ Central Valley Cyber Kiwanis
- ♥ Kings-Hanford Kiwanis
- ♥ Lemoore Kiwanis
- ♥ Lindsay Kiwanis
- ♥ Lemoore High School Key Club
- ♥ Handford West High School Key Club
- ♥ Sierra Pacific Key Club
- ♥ Strathmore High School Key Club.

Here are some comments from the Key Club participants:

*"While at the Kiwanis Family House I worked inside this time. I pulled some weeds in the garden area, dusted all the hallways, cleaned the kitchen,*



*ens, and organized all of the donated items in the food pantry.*

*"This service meant a lot to me. It is so sad how many kids need to be assisted at the UC Davis Medical Center. It brings me a lot of joy that I can help them out just a little by making sure where they are staying is somewhere nice where they can go and be somewhat relaxed.*

*"Also it is great that we could help out at a place that is all run by volunteers, so I know they appreciated our help tremendously. I would love to keep going back there every year!" ~Ashley Mendes*

*"At the Kiwanis Family House we did a lot of community service. I, myself, dusted, pulled weeds, fixed chairs and cleaned inside the House. I learned that any little service can help and mean something to someone." Jamee Williams*

*"It felt really good to know that I was helping out people who truly needed it. All we did was help clean up the House and outside. This showed how much a little work can help others." Taylor Champlin*



## Top ten!

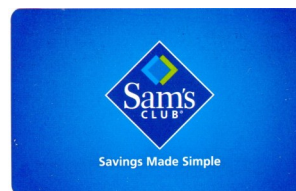


If you want to watch **David Letterman's "Top Ten"**, you have to stay up late and watch TV.

If you want to see KFJ House Director's **Mauda Butte's "Top Ten"** from the KFJ Wish List, all you have to do is read it here!

If you cannot fit them in an envelope to mail, then gift cards from Sam's Club and Costco work just fine also.

#10	Coffee
# 9	Paper towels
# 8	Candy (individually wrapped)
# 7	Bottled water
# 6	Business Card Stock such as Avery 8871
# 5	Gallon size Zip-Lock style freezer bags
# 4	Quart size Zip-Lock style freezer bags
# 3	HP 22 Color ink
# 2	HP 56 Black ink
# 1	Facial Tissues in square boxes



[www.kiwanisfamilyhouse.org](http://www.kiwanisfamilyhouse.org)

# Ways to support our Kiwanis Family House...

## It is Transformer time!



Yes, it might be Transformer time for kids wishing for that special toy from Santa Claus.

But **you** can be a Santa Claus.

### Here is how:

If you have an old car, boat, or Recreational Vehicle (R/V) you can transform it into cash for our Kiwanis Family House.

Our KFH has partnered with **Car Program Inc.** to provide an easy-to-use tax deductible process to donate your car, boat, or R/V.

You are able to donate your vehicle, running or not, and it does not have to be registered.

Questions: Call Board Member **Calvin Hara** at (916) 812-5524 or **Car Program Inc. (800) 240-0160**. This agency can accept donations from most of our 50 states to benefit our KFH!



- ✓ Next day pick-up
- ✓ Non-runner ok
- ✓ No smog ok
- ✓ 100% tax deductible

## DONATE A CAR

**(800) 240-0160**

Kiwanian contact: Calvin Hara (916) 812-5524

## Recycling makes cents!



Donate ink cartridges, LASER cartridges, toner cartridges etc. to our KFH.

It helps the environment, lessens the impact on land fills, and makes cents.

**If you work for a company, ask it if it will cooperated in giving you the items to take and donate.**

Our KFH gets money when we turn them in.

Besides the above there is a receptacle for plastic shopping bags.

Recycling money is "green" and spends the same way with a lessening on the KFH budget.

**Green is the color of money!**



## Kiwanis Family Open House

Our Kiwanis Family House holds an Open House on the 3rd Thursday of each month from 10:00 a.m. to 5:00 p.m. See you November 15, 2011.

Also, if you are looking for a meeting place for your club or organization, check out our Kiwanis Family House.

# HELP WANTED

Anyone with a green thumb who could help us with the landscape maintenance or upgrading the landscape please call House Director

**Mauda Butte at (916) 736-0116** or **maudabutte@aol.com**



KFH Board member **Neil Strain** takes care of most of our maintenance needs at the House, but he could use some help from a Handyman.

**Neil Strain** can be reached at **(916) 354-8895** or **Neilstrain@sbcglobal.net**



**Bonnie** is showing two caps, one black and one blue.

For sale \$15.00 **post paid** for one, or \$25.00 for two **post paid**.

If you are at the KFH, the price is \$10.00@.

## Get your SHARES Card (on page2) so we get our "share".





By **David Dawson, M.D.**

One in four adults has a venous disease of the leg.

Exercise can help prevent and manage varicose veins.

One in four American adults has some form of venous disease of the legs. In fact, it is ten times more common for a patient to see a physician for vein problems than for arterial disease, like the atherosclerosis that is often associated with high cholesterol or diabetes.

Varicose veins can simply be an unsightly nuisance, but people may have pain, leg swelling, or other symptoms that negatively affect quality of life. In some cases, vein problems can lead to chronic skin changes such as dermatitis, darkening of the skin, itching, bleeding, or the formation of a leg ulcer.

Both men and women can get varicose veins, though they are more common in women. Women can have varicose veins that worsen with pregnancy, due to the effects of hormones and related circulatory changes. Vein problems can also run in families. A patient with varicose veins may have a parent or other family member has similar problems.

Normally, small one-way valves within the veins help to maintain blood flow in the normal direction, back towards the heart. If the valves don't work, there can be a reversal of the blood flow or "reflux" that causes pooling and increased pressure within the leg veins. It is this pressure that causes the symptoms and stretches the veins, resulting in the dilation and elongation typical of varicose veins.

Self-care for vein problems

Although an individual may be predisposed to varicose vein or other vein problems, there are actions that can minimize the symptoms, avoid complications, and reduce the risk of new varicose veins developing. Patients learn about the importance of the three "E's": **exercise, elevation,** and the use of **elastic compression.**

- **Exercise:** Walking, swimming, and other physical activities can help to circulate the blood in the legs.

- **Elevation:** Elevating the legs (by sitting with feet propped up or lying down with the foot of the bed elevated) can help to reduce the pressure in distended veins.

- **Elastic Compression:** Importantly, the use of special compression stockings can provide needed support to weakened vein walls, reduce swelling, and provide relief from the aching pain associated with varicose veins.

**Treatment options:**

There are a variety of treatments available to patients with vein problems.

- **Removal:** If varicose veins on the surface of the legs result from reflux in one of the principal superficial or shallow veins, treating the source of the reflux can eliminate the problems or associated symptoms. Traditionally this involves the surgical removal of the veins, a known as "vein stripping."

- **Ablation:** Many patients with reflux in superficial veins benefit from a less-invasive approach known as endovenous ablation. With ablation, a small catheter heats the vein from the inside (with either laser or radiofrequency energy). The heat causes the vein to constrict and close, interrupting the reflux. The UC Davis Vascular Center Clinic performs ablation procedures on an outpatient basis, and local anesthesia and light sedation makes the procedures simple and nearly painless.

- **Sclerotherapy:** Small reddish and purple veins within the skin are called "spider veins" or telangiectasias. These are often too small for surgical removal, and may be present even without reflux in one of the larger veins. These can sometimes be treated with sclerotherapy, an injection of an irritant solution into the abnormal vein that causes it to scar shut. Sclerotherapy can sometimes help in treating vein abnormalities as well, especially after surgery or endovenous ablation.

Chronic venous insufficiency:

Leg symptoms can sometimes be related to problems with veins deep in the limb. Chronic vein-related symptoms sometimes develop after blood clot has affected deep veins. Surgery is rarely helpful for vein problems related to the failure of deep vein valves, or to relieve blockage within the deep veins of the legs.

*The three "E's", including the use of prescription compression stockings, can still provide relief.*



**"Over the years"**

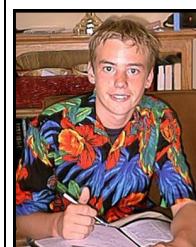
The current series of **House Talk** (Volume I Issue 1) is dated May 1, 2001.

**Nine years ago**  
**Volume III Issue 5**  
**November 2002**



As of November 1st it will be 107 days until Valentine's Day. Wait... make that 108 days until the 11th Annual Red and White Ball.  
**Dale Ingvardsen**

**Six years ago**  
**Volume IV Issue 5**  
**November 2003**



Builders Club Member **Alex Hartnett** (Holmes Junior High School) addressed the KI Convention and told about visiting our Kiwanis Family House and providing service.

**Two years ago**  
**Volume X Issue 5**  
**November 2009**

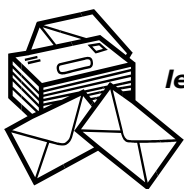


Pictured above is **Ron Abbott**, from the Kiwanis Club of Stockton, a Sponsor Club, juggling 36 rolls of paper towels.

Its project is to pass around a **Wish List Can** for loose change and bills. At the end of the month, the club goes to our website to check out the wish list.

Better yet, look on page 6 of this issue to check the latest **Top 10** needs.





**"Letters, we get letters, we get stacks and stacks of letters..."**

**These letters are left at our KFH addressed to you.** They are published to show our readers of the impact made by the staff and services of our Kiwanis Family House and UC Davis Medical Center. The letters are published as originally written and punctuated. This is to preserve the sincerity and spontaneity of the writer.

*"I cannot say enough how much this has meant to me and my family.*

*"My sister is terminal and my mother has been sitting beside her bed in the hospital before we were even told about your service.*

*"I truly thank God that she was able to lay down and rest at some point while we were here... thank you...thank you...thank you!*

*"Thanks for the beautiful stay!"*

*"This was a gift from God.*

*"Thank you so much!"*

*"To the wonderful staff at the Kiwanis 'Club'.*

*"Yes we call you the club!*

*"We are grateful for everything you all do for (name). You have made it possible for (name's ) family to not have to worry about the financial or emotional stay while (name) is going through her stem cell transplant)"*

*"The Kiwanis House was a combination of a Quality Inn and a dorm.*

*"It was peaceful.*

*"Thank you for being accessible to us as we participated in our Fragile X autism study at the M.I.N.D. Institute."*

#### **Editor's Note:**

The UC Davis MIND Institute (Medical Investigation of Neurolevelopmental Disorders) is a collaborative international research center, committed to the awareness, understanding, prevention, care, and cure of neurodevelopmental disorders.

If you look outside of our KFH, it is the neighboring facility.

*"Hi there!*

*"Recently my boy friends family was staying there while he was in the hospital.*

*"I just wanted to say thank you for having your place available for people in need during hard times such as that.*

*"It's a true blessing. Hope God blesses you all in a special way."*

*"Thank you Kiwanis,*

*"My young boy (name) and I came over from (a distance) so I could have a procedure done and we felt quite comfortable here and provided for.*

*"You've been our Angels:*

*"God Bless you all!"*

*"Thanks so much for all of your heartfelt compassion and help. We appreciate everything so much".*

*"I would like to thank the staff for all the kindnesses and compassion during this time of stress while my mother had open heart surgery.*

*"This has been a lot of relief to have a place well away from home to come to a sanctuary to relax and regroup during this painful trial."*

*"Just a short note of thanks and gratitude for the wonderful hospitality and welcoming open arms in a time of need for us!*

*"Thanks again for everything and God Bless everyone here"*

*"I met a very special friend while I was here. Her name is (name). She left the day before I did and left a note to tell me good bye".*

*"Thanks be to God for the Kiwanis, a special group of people that open their hearts and I want to thank everyone here. It was such a relief knowing that there was people here to help me through the hard times while my husband was in the hospital.*

*"Everyone here is a very special person in there own way.*

*"(Name) as for you what can I say other than stay the way you are. Thank you. God Bless all of you."*

*"Thank you for easing he worry of shelter during a turbulent time.*

*"God Bless"*



#### **A note from Karen: Lend a helping hand!**



First, I want to thank you to the many volunteers who defrosted refrigerators, swept patios, washed windows and completed numerous other fall

cleaning tasks at our Kiwanis Family House this last month.

Currently, there is a need both Saturday and Sunday for volunteers at the front desk.

The job entails answering the phones, letting guests in the front door, and other similar duties.

There is a Family House employee in the building to help with any questions/problems.

There is no computer work involved. Sound like a job for you or maybe your club? How about if your club committed to one Saturday/Sunday a month?

Questions: Contact me

**Karen Borman** 916-489-4476  
bormank@aol.com

## President's Message

By Bill Hooper (Cont'd)

(Continued from page 1)

want to thank each of you for all your efforts.

Realizing the need to continue to run an efficient operation that delivers quality service to our clients, our Board held a Strategic Planning meeting on Oct. 29<sup>th</sup> at the Oak Avenue Free Methodist Church in Orangevale.

Past Div. 44 Lt. Gov. **Hal Snow** volunteered to facilitate. We updated our 2005 Strategic Plan. Club presidents and Lt. Governors in the area were invited to attend along with some of our staff and volunteers.

**Karen Borman** continues to work on organizing our volunteer tasks so it is easy for anyone who wants to volunteer to get involved. **Rita Beall** is working on revitalizing our Friends of KFH program. **Mary Thomson** is busy researching grants and working with **Gary Christensen** and others to write new ones and send them off. We have been notified we will be receiving at least two of these shortly.

On the fund raising front, the Sacramento Suburban Club is opening a See's Candy Store at 2820 Marconi Ave., Suite 2 in Sacramento in November to benefit KFH.



We will need Kiwanians and the K Family members from throughout the area to make this work. It will be open until Christmas.

Please contact **Gary Christensen** or **Rich Kocher** if you can help on this project.

**Roni Stroud** is busy selling tickets for the Tournament of Roses Extravaganza. You can buy a \$10 ticket on line at the KFH Web site for this once in a life time chance to ride in the parade. The drawing will be held Dec 2nd at KFH.

**Karen Borman** is busy planning the 20<sup>th</sup> Annual Red and White Ball to be held at the Dante Club on Feb 11<sup>th</sup> 2012, please mark your calendar and plan on enjoying a great prime rib, and dancing the night away to the great music provided by **Jon Merker**. The best news is the price



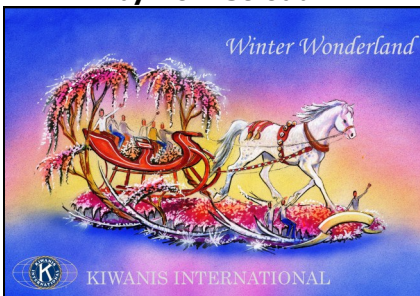
is still only \$40 per person for a terrific evening out.

As I said in the beginning, things are moving very quickly but we are accomplishing so much and providing such a great service to so many people when they really need help. It feels good to work together with Key Club, Circle K, and Kiwanians from all over. I am proud to be part of the K Family that cares enough to do this ongoing service project. Thank YOU!

Till next time,

Yours in Kiwanis Service, Bill

### Tournament of Roses Extravaganza by Roni Stroud



Please purchase at least two, \$10 tickets ... and commit to selling two more. That \$40 commitment you're asked to make, covers one night's stay for a family at our Kiwanis Family House.

The first prize is for **two seats** on the Kiwanis International Float (valued at \$4,000) plus an additional prize of \$1,000 in cash to assist with expenses.

The second prize is for **two seats** to watch the Rose Bowl game plus \$500 to assist with expenses!!

The third prize is for **two seats** in the grandstands to watch the parade plus \$500 to cover expenses.

I only ask that each person/Kiwanian that reads this article or hears of this fundraiser, purchases two tickets - \$20 total.

Those who participate will be invited to a special dinner on December 2nd when we draw the lucky winners. It will be "Breakfast for Dinner" since breakfast is what people will be eating while viewing the Rose Parade.

Purchase tickets at:  
www.kiwanisfamilyhouse.org  
call 916.501.0169



Now you can help support the Kiwanis Family House by using Facebook. If you are on Facebook (or are planning on joining) you should "**Like**" the Kiwanis Family House page.

You can also click "**Share**" on any posting and this will share our stories with your Friends. It appears on their wall and news feed for Friends to see and spreads the message of Kiwanis Family House!

You can also "**Suggest**" a page to all your friends via a message. Just click on "Suggest to Friends" (the fourth link down from the logo) and choose the friends to whom you want to send an invitation to the Page.

You can post any comments, stories, or suggestions for other Fans to see, and it will also appear on your walls for your Friends to see.

If you want to reference something that is on the website, you should include a link to the Kiwanis Family House page along with your posting.

### House Talk Contact the Editor

Quick Facts about **House Talk**

1. **House Talk** is a monthly newsletter published by the Kiwanis Family House, Inc.
2. The editor is solely responsible for the content of **House Talk**.
3. Deadline 5:00 pm on the second Thursday of the month.
4. Items are solicited. Items submitted will not be returned unless noted by the sender.
5. Errors in the **House Talk** are to be brought to the attention of the editor. Egregious errors will be corrected in a future edition.
6. Responses to the articles and authors unless indicated otherwise can be sent to the editor for forwarding.
7. Editor is **John W. Seigal**.
8. Email address is: jwseigal@sbcglobal.net
9. US Postal Service address is: P.O. Box 1131 Sloughhouse, CA 95683-1131

